ABSTRACT

An optical information recording medium of the present invention includes at least m (m is an integer of 2 or more) information layers, and each of the information layers includes a recording layer that changes 5 irreversibly between a state A and a state B that are optically different from each other. In the case where the m information layers are taken as the first through m th information layers in the order from a laser beam incidence side, when a recording layer included in the j-th information layer (j is an integer satisfying $1 \le j \le m-1$) is taken as the 10 j-th recording layer, and when a transmittance of the j-th information layer at the time when the j-th recording layer is in the state A is TAj (%) and a transmittance of the j-th information layer at the time when the j-th recording layer is in the state B is TBj (%), the following relationship 15 is satisfied in the j-th information layer:

$$0 \le |TAj - TBj| / (TAj, TBj) \max \le 0.10$$

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where (TAj,TBj)max is a larger value of TAj and TBj. Furthermore, at least one recording layer of the first through (m - 1)th recording layers is formed of a material having a complex index of refraction (n - ik, where n is a refractive index and k is an extinction coefficient) that is different from that of the m-th recording layer.